

07/11/25

Free Talk

monthly exam 月考

decimal point 小数点

scalper 黄牛

In my opinion ! 注意介词!

mint green 薄荷绿

mystery box 盲盒

gambling 赌博

impulse buying 冲动消费

E.g. = exempli gratia 比如

Homework Analysis - Writing

Summary

The Galapagos Islands, a unique wildlife haven, face negative impacts from tourism. Over 220,000 annual visitors strain resources like fresh water and damage habitats through hotel construction. Close interaction with fearless animals risks disease transmission and behavioral changes. Tourists may inadvertently introduce foreign seeds, threatening native plants, while litter harms both land and marine life. Although tourism provides local jobs, controlling visitor numbers is crucial to protect this fragile ecosystem.

You're on the right track, keep it up! \ (^ ▽ ^) /

Memo No. _____
Date / /

Extreme Sports Benefits Outweigh Dangers

In recent years, more people are embracing extreme sports, despite the risks involved. Some view these activities as unnecessarily dangerous, while others find them deeply rewarding. In my opinion, these dangerous sports offer ^{and} unique ^{and} valuable opportunities for growth and joy, which make the risk worthy. worthwhile

technology?

First, ~~modern~~ modern safety safety standards have made dangerous sports far less risky than commonly believed. Advances in equipment design, rigorous training protocols, and strict safety regulations have dramatically reduced injury and ~~fatality~~ fatality rates. For instance, professional rock climbers use crash ~~pads~~ pads, harness systems and certified gear, ~~that making~~ making accidents extremely rare. Similarly, skydivers rely on automatic activation devices and reserve parachutes that provide multiple layers of

protection. With these precautions in place, participants can enjoy thrilling experiences while minimizing real danger. risk 或 = while reducing dangers

→ 可以写成 point + explanation

(Second, beyond physical safety, these activities provide ~~to~~ powerful psychological benefits by ~~help~~ helping people conquer their fears and achieve personal growth.) As the sailor's comment demonstrates, pushing one's limits leads to profound satisfaction. When someone completes a challenging climb or makes their first solo jump, they gain not just adrenaline but lasting confidence that can be applied to other challenges in life. This sense of accomplishment is why many describe extreme sports as life-changing experiences. This sense of accomplishment is the reason why many consider extreme sports as life-changing experiences. Chinglish = 这就是为什么很多人说……

② In conclusion, extreme sports offer ~~life~~ life-changing rewards when practiced safely. Modern ~~pre~~ precaution minimize risks while conquering fears builds unshakable confidence.

conclusion 可以更精简 → 总结 Body 1 + 2 内容.
② Therefore, Memo (重申你的观点).

Mo Tu We Th Fr Sa Su

The thrill and personal growth make these challenging pursuits truly worthwhile for responsible adventures.

Title

Extreme Sports Benefits Outweigh
Dangers

The Benefits of Extreme Sports
Outweigh the Dangers

极限运动的益处 ➡ 表示“xxx的” ➡ ① A of B ② xxx's

Introduction

In my opinion, these dangerous
sports offer unique valuable
opportunities for growth and joy
which make the risk worthy.

In my opinion, these dangerous
sports offer **unique and valuable**
opportunities for growth and joy,
which make the risks **worthwhile**. /
making them the worthy risks.

原文 unique 词性? ➡ ADJ or ADV?

如果是 ADJ: unique and valuable

如果是 ADV: uniquely valuable opportunities (X)

原文 which 指的是? ➡ 极限运动提供的独特而宝贵的成长和快乐机会 (这件事情)

Non-restrictive (non-defining) relative clause without “which”:

In my opinion, these dangerous sports offer unique and valuable opportunities for growth and joy,
making the risks worthwhile.

Worthy vs. Worthwhile

Worthy: describing the noun (e.g., “a worthy cause”).

Worthwhile: paired with “make” ➡ **make** the risks **worthwhile**

Body Paragraph 1

First, modern safety standards have made dangerous sports far less risky than commonly believed.	Firstly, advancements in safety measures have made dangerous sports less risky than commonly believed.
--	--

modern safety standards 指的是什么？

下文提到的“**advances in equipment design**”, “rigorous training protocols”, “strict safety regulation”不仅仅是 modern safety standards 了

改成 safety measures 更恰当：为了减少伤害和事故而采取的各种预防措施和措施，包括任何下文的分析内容

For instance, professional rock climbers use crash pads, harness systems and certified gear <u>that</u> make accidents extremely rare.	For instance, professional rock climbers use crash pads, harness systems and certified gear, which makes accidents extremely rare.
--	---

原文 that 指的是什么？

① crash pads, harness systems and certified gear

② professional rock climbers use crash pads, harness systems and certified gear 这件事情 ➡ ... , **which makes** accidents extremely rare.

Body Paragraph 2

Second, beyond physical safety, these activities provide powerful psychological benefits by helping people conquer their fears and achieve personal growth.

Second, these activities provide powerful psychological benefits. They help people conquer their fears and achieve personal growth.

原文的论点比较长和复杂，因为里面包含了分析和解释的内容，所以可以拆分+简化为：

Point + explanation

... they gain not just adrenaline but lasting confidence that transfers to other life challenges.

... they gain not just adrenaline but lasting confidence that can be applied to other challenge in life.

原文 that 指的是 confidence ➡ confidence 被用在了生活上其他的挑战上。confidence 是不能自己 transfer 的，是“人”将它转化 ➡ 被动语态。另外，“运用”用 apply 更合适

This sense of accomplishment is why many describe extreme sports as life-changing experiences.

This sense of accomplishment is the reason why many consider extreme sports as life-changing experiences.

或者：

This sense of accomplishment is the reason why many people

believe that extreme sports are
life-changing experiences.

①表扬 life-changing (形容词构词法, 之前经常用错)

②表扬词组 “sense of accomplishment” 的用法

③原文 ➡ 中式逻辑 ➡ 这就是为什么很多人说.....

Conclusion

The thrill and personal growth
make these challenging pursuits
truly worthwhile for responsible
adventures.

结尾不需要太长的, 精简就好!
这句可以删掉

结尾结构:

In conclusion, extreme sports... (重申论点 1 和 2 的内容) Therefore, ...

New Writing Task - In-class Practising

Exercise 6

- 14 In your class, there was a discussion about whether the value we gain from our parents and family has more influence on our future success than any skills or knowledge learned in school.

Here are some comments from your classmates:

We just learn for exams in school.

The most important thing is passing the exams in school,

My father always teaches me life lessons.

I don't know how to deal with different relationships in school.

Write an article for your school magazine, giving your views.

The comments above may give you some ideas, and you can also use some ideas of your own.

Your article should be between 100 and 150 words long.

You will receive up to 6 marks for the content of your article, and up to 6 marks for the language used.

Introduction:

Body Paragraph 1:

First, family teaches us the core value that shapes who we will become.

At home, we learn kindness through our parents' action. ~~Besides from~~ (In addition to) watching them ~~overcome~~ (manage) struggle and (+fulfill) responsibility from daily chores, (+we internalize these qualities and) These life lesson form our character long before we step into ~~our~~ classroom, (+ helping/which helps us develop emotional intelligence and

resilience.) For example/instance, the advice from parents about treating others with respect guides us far more (+effectively) than any textbook lessons.

拓展

以身作则 – lead by example

点评

①论点精简有力

②论据的“kindness”可以作为例子, 和 respect 一起写, 因为是从 parent 上实实在在学到的具体的东西; 这部分可以改成: At home, we learn a lot from our parents' actions, and these lifelong lesson shape our character long before we step into classrooms, helping us develop emotional intelligence and resilience.

③例子留到后面写

④responsibility 是不可以 overcome 的, 注意动词搭配

Overcome struggle

Fulfill responsibility

Body Paragraph 2:

Second, although school provides valuable knowledge, it is our family's support that helps us apply it. ~~When school pressure feels overwhelming~~ (→ When students feel overwhelmed by school pressure 是学生感到压力, 不是学校), it

is our parents who teach us to ~~preserve~~ (→ persevere). They help us turn academic into real-world wisdom. For example, 请补充..... → parents 如果将学校教授的内容和 value 联系在一起

Conclusion:

...

Homework 1 - ARTICLE

完成 Page10 ~ 11 的作文

Homework 2 - Gaokao English Writing Task

44. 假设你是红星中学高三学生李华。联合国正面向全球青少年开展倡议征集活动。你的外国好友 Jim 打算参加，为此发来邮件，就倡议内容询问你的建议。请你用英文给他回复，内容包括：

第7页/共18页

1. 提出的建议；

2. 建议的理由。

提示词：倡议 proposal

注意：1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

Dear Jim,

Yours,

Li Hua